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ABSTRACT

This book presents guidelines and checklists for lowering the occurrence of injuries in sports and other physical activities. It targets teachers, coaches, and athletic directors. Chapter 1, Introduction, presents an overview of the issue. Chapter 2, How To Use This Book, presents suggestions and describes how to use the checklists. Chapter 3, The Legal Duties of a Coach, presents basic and reasonable coach duties, offering a short, non-legal interpretation of legal terms and concepts. Chapter 4, Situations To Avoid, summarizes situations that are repeated over and over that can lead to legal actions. Chapter 5, The World of Supervision, explains how to supervise physical activities, noting that no single technique is more important than supervision for safety. Chapter 6, The Athletic Administrator and the Safety Checklist, presents a general checklist that should be used as a model for all sport- or activity-specific checklists. Chapter 7, Checklist Format, addresses specific checklists for various sports and physical activities. Chapter 8, Summary, presents a few final words. A sports safety checklist is included. The two appendixes present forms and sources of additional materials and organizations. (SM)

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